

# The F Sound at Home: A Parent Handout

One page to keep on the fridge.

Practice at home works best when it does not feel like practice. You are not running a session; you are giving your child more chances to hear the F sound and more reasons to try it. Five minutes folded into something you were doing anyway beats twenty minutes at the table.

## Five everyday moments

### Snack time

Line up three or four things on the counter and name each one as you hand it over. Snacks come with a built-in reason to ask for something by name.

### Bath time

Say the name of each thing as it goes into the water: fish. Then wait, and see what comes back.

### In the car

Car rides are hands-free talking time. Play I-spy out the window and take turns spotting things like fence and cliff.

### Getting dressed

Narrate the order as it happens. Naming scarf before it goes on gives your child a beat to jump in.

### Bedtime books

Pick one word to hunt for instead of reading straight through. Finding giraffe five times in one book counts as five turns.

## F words to keep in your pocket

|         |        |         |              |
|---------|--------|---------|--------------|
| - leaf  | - roof | - knife | - giraffe    |
| - scarf | - wolf | - calf  | - shelf      |
| - elf   | - loaf | - cliff | - laugh      |
| - half  | - reef | - safe  | - sniff      |
| - hoof  | - surf | - chef  | - photograph |
| - fish  | - foot | - fan   | - fire       |

## Three things worth remembering

- Model, do not correct. Say the word back the way you say it and keep the conversation going. Your child hears the difference without being put on the spot.
- Follow what they already love. A child who cares about diggers will say more words about diggers than about anything on a worksheet.
- Stop while it is still fun. Ending early is what makes them say yes tomorrow.

*This handout is educational support for home practice, not a diagnosis or a treatment plan. If you have questions about your child's speech, a licensed speech-language pathologist, your pediatrician or your school's evaluation team can see and hear your child in a way a page cannot.*